KIKKOMAN

Healthy Bulgur & Chickpea Bowl with vegan feta

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
3,057 kJ / 733 kcal

Fat: **38.7 g** Protein: **38.8 g**
Carbohydrates: **46.3 g**

INGREDIENTS

2 portion(s)

For the vegan feta (alternatively: see tip)

200 g	firm tofu
1	clove of garlic
2 tbsp	apple cider vinegar
1 tbsp	lemon juice
60 ml	unsweetened almond or soy milk
0.5 tsp	thyme, rubbed
0.5 tsp	salt

For the bowls

50 g	bulgur wheat
1	(red) chard (or radicchio or red cabbage)
100 g	baby leaf spinach
3 tsp	Kikkoman Toasted Sesame Oil
285 g	canned chickpeas (drained)
1 tsp	lime zest and a little juice
150 ml	coconut milk
2 tsp	tahini
4 tsp	Kikkoman Naturally Brewed Soy Sauce
	Freshly ground pepper
	Turmeric, ground

PREPARATION

Step 1

For the vegan feta, cut the tofu into cubes and mix with the finely chopped garlic and the remaining ingredients for the marinade. Refrigerate until needed.

Step 2

Prepare the bulgur wheat according to the instructions on the package. Cut the chard into strips and sauté in 1 tsp each of heated Kikkoman Sesame Oil. Repeat with the spinach.

Step 3

To make the sauce, puree 150 g chickpeas with some lime zest, a little lime juice to taste and the coconut milk, heat, then add the tahini, Kikkoman Soy Sauce, pepper and turmeric.

Step 4

Fry the remaining chickpeas in 1 tsp heated Kikkoman Sesame Oil for about 2 minutes.

Step 5

Arrange the bulgur with the spinach, chard and remaining chickpeas and vegan feta in bowls, drizzle with the warm chickpea sauce and serve.